

## ABSTRACT OF THE DISCLOSURE

A rail assembly has an elongated upwardly open and elongated metal rail fixed to a car-body support and two confronting and inwardly concave flanges forming transversely inwardly directed faces and an elongated metal rail fixed to a motor-vehicle seat, captured between the flanges, and having two transversely outwardly directed faces generally complementary to and bearing with prestress outwardly on the inwardly directed faces. Respective friction-reducing layers on the faces allow the seat rail to slide smoothly in the body rail.